

TRANSITION READINESS CHECKLIST cont.

	I'm on top of this	I need to work on this	I have no idea	N/A
13. I know what to do when I become unwell.				
14. I know who to contact if I need help.				
15. I know where/how to get information about peer support programs.				
16. I know about resources that offer support for young people like me.				
17. I understand my rights to privacy and my role in decision making.				
18. I know where to get information about sexual health, drugs, alcohol and stress.				
19. I understand what transition means.				
20. I have been given information about the adult service and I feel comfortable about the choice.				
21. I am actively involved in my transition.				
22. I have my own Medicare card.				
23. I have my own Health care card.				
24. I know my private health insurance details.				
25. I know the names and contact information of the people I'm seeing in the adult service.				
26. I have visited the adult service I am transitioning to.				
27. I have attended my first appointment for my new health service.				

Comments:

**TICK THE
BOXES**

